

## **Dr. Rashidi Nutritional Support Recommendations I**

### **BACK PAIN AND JOINT HEALTH**

**OSTEOFLEX:** Provides glucosamine sulfate, chondroitin sulfate and anti-inflammatory herbs that work in synergistic fashion to diminish back pain symptoms when used consistently. Be patient, may need 3-4 months to notice benefit in more severe cases. Use 6 caps/day.

**CALCIUM COMPLEX:** To restore bone calcium, and prevent calcium withdrawal from the bones, which occurs when blood levels are low, and contributes to aching bones, so often seen in women after 40, as menopause accelerates calcium loss from the bones. 1000-1500 mg/day

**MAGNUM C:** Necessary for the repair and maintenance of all joint tissues. Start at 500 mg twice daily, may increase to 2 tablets three times daily.

**NEW LIFE 1000:** Essential omega 3 fatty acids from cold water fish provide anti-inflammatory benefit, reducing joint pain and stiffness, and improves flexibility. Start with 1 at each meal, gradually increase to 2 each meal. Repeating effect is avoided if capsules are kept refrigerated.

**MSM:** Provides important building blocks needed for all joint tissue, studies show also acts as pain reliever at higher doses. Start at 1500, increase as needed to 5000mg/day (725 mg/capsule).